

Healthy Handout

Volume 1
Issue 3

Vitamin D

The Sunshine Supplement

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Vitamin D



QHD Recipe



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Coupon!

Spring is here, and that means longer days and more sunshine. Many people avoid the sun because of sunburn, but sunlight is a significant source of vitamin D.

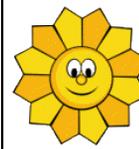
Luckily, vitamin D also comes in pills, and that's important. Studies show that approximately 40-60% of Americans are deficient in vitamin D. According to GrassrootsHealth, a non-profit organization that promotes public health, one of the causes of this deficiency may be a lack of exposure to ultraviolet (UV) rays from the sun.

That doesn't mean that you should stop using sunscreen altogether and spend hours in the sun. In fact, fair-skinned people can absorb up to 10,000 IUs of vitamin D from spending just 10 minutes in the sun. People with darker skin will need to spend more time in the sun to produce the same amount of vitamin D since their natural skin pigmentation blocks more UV rays.

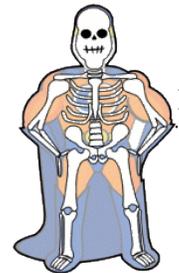
The simple practice of spending a few minutes in the sun can prevent several health problems. Adequate vitamin D levels can reduce risk of infectious disease, fractures, Type I childhood diabetes, multiple sclerosis and cancer.

GrassrootsHealth is currently sponsoring a project called D*action. The project's objective is to encourage people to restore healthy levels of vitamin D. Ac-

Why We Need the Sun



FOOD



Healthy bones

Image: www.uvistat.com

It's a little creepy, but you get the idea..

According to D*action's researchers, 2000 IUs per day is the minimum people should take to optimize their vitamin D.

Taking 2000 IUs per day is a good place to start, but it's also important to know how much vitamin D is actually in your body. Vitamin D concentration is found by measuring a substance called serum 25(OH)D. Researchers at D*action recommend that people aim to keep their serum 25(OH)D level at 40-60 ng/mL. The current data shows that 51% of people involved in the project are deficient in vitamin D, while only 31% of participants fall within the recommended range.

Those of you doing the math have already figured out that some of the participants must have tested above the recommended levels. Vitamin D toxicity can

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Store Information

Healthy Habits Natural Market
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Orwigsburg, PA 17961
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www.healthyhabitsnaturalmarket.com

Hours

Mon-Fri 9 a.m.-7p.m.

Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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occur, leading to hypercalcemia, kidney disease and other problems if you consume excessive amounts. However, serum 25(OH)D levels in people with vitamin D toxicity usually fall between 339 and 662 ng/mL.

In order to reach that level of concentration, you would have to ingest between 40,000 and 50,000 IUs of vitamin D every day for 6 months. So the risk of toxicity is low, and sunlight won't cause toxicity because your body stops making vitamin D after it reaches 10,000 IUs.

As long as you're careful, it's easy to avoid any complications and enjoy all the benefits of vitamin D. Of course, there is no way of knowing your current serum 25 (OH)D concentration without getting tested. Through GrassrootsHealth's D*action project, participants can sign up

to receive a testing kit at a significant discount. It's a five year program that only requires two tests per year.

Participation in the project would allow you to track your own vitamin D levels and manage your health. For more information on the project, visit www.grassrootshealth.org. Until then, stay healthy and enjoy the sun.

Upcoming Events

April 18

Weight Loss Surgery Group
11 a.m.



April 23

Homemade Baby Food
7 p.m.



April 25

Dennis Hot Sauce Food Demo
11 a.m.



April 27

Gluten Free Group
6:30 p.m.



Questions?

Visit our website for more information about our programs.

Quick ~ Healthy ~ Delicious

Chicken and Tomato Splash

- | | |
|-----------------------|-----------------------|
| Chicken | Red Pepper |
| Can of Diced Tomatoes | Basil, Thyme, Oregano |
| Onion | Garlic |

I confess, I don't measure ingredients. Must be the influence of growing up with a great cook, my mom! So, add the amounts that suit your taste buds and needs. Start by searing in the juices of the chicken by sautéing in olive oil. Then add a can of diced tomatoes, a couple gloves of garlic, a handful of diced red peppers and a dash of basil, thyme and oregano. Onions too if you like. Then cover and cook until chicken is done. Remove chicken and cook tomato mixture until it thickens. Voila! A fabulous meal. Serve over rice or pasta!

Dr. T. Says...

Vitamin D affects almost every system in the body. It is perfectly safe to supplement 2000 IUs/day or even more to improve your health.

- Eggs, fish and raw milk are good sources of vitamin D.
- Spending a few minutes in the sun with no sunscreen can produce several days worth of vitamin D.
- During the winter months, you may need to supplement your vitamin D intake with capsules or liquid.

For more information on vitamin D or the D*action project, visit www.grassrootshealth.org. Thanks for reading!

Rewards Program Coming Soon!

- Discounts
- Coupons
- Birthday Surprises

Sign up today!

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.